



Meet the



Roll Pride

Mountain Pointe

Swim & Dive Coaches



Meet our Head Coach Mona Nyheim-Canales

Mona has coached for more than 25 years including Olympic champions to beginners age 5 on. She holds a Master of Science in Sport and Exercise Psychology and a M.S. in Exercise Science. Currently, she is working on a Ph.D. in Performance Psychology. For more than 12 years, Mona worked in college academics with freshmen football, hockey and men's basketball including the University of Michigan. As Director of Academics Success at Colgate University they had a 100% graduation rate as well as a Valedictorian. Mona is a cancer warrior who embodies the PRIDE Spirit in every aspect of her life. This is Mona's fourth year coaching with Mountain Pointe.



Lynn Siebrandt
NFHS accredited Coach



Elise Christy
MPHS Graduate '23
2nd year coaching



Emma Siebrandt
ASU Senior & Club
competitive swimmer



Hayden Fogel
MPHS Graduate '23
2nd year coaching

Our Team purpose as easy as 1, 2, 3!

1

**ALL LEVELS ARE
WELCOME**

Learn to swim and
discover new skills!

2

**WE TEACH ALL
FOUR STROKES**

Freestyle, Backstroke,
breast stroke, fly

3

**EVERYONE
COMPETES**

Every team member
will compete!

